

(TMI Focus, Vol. XXVII, Nos. 3&4, Summer/Fall 2005)

AN INFORMAL RESEARCH PROJECT WITH A HEARING-IMPAIRED PARTICIPANT

by Linda Leblanc

Linda Leblanc is cofounder of Psychognosia, a privately funded not-for-profit center for the dissemination of reliable information on anomalous phenomena, based on the eastern Mediterranean island of Cyprus. She has completed eight TMI residential programs and is an OUTREACH Trainer, organizing TMI workshops in Cyprus and other countries. Linda has been a TMI Professional Member since 2003. This report on ways in which Hemi-Sync® may benefit the deaf builds on work by fellow Professional Member Helene N. Guttman, PhD.

In spring 2005, inspired by “Preparing to Use Binaural Beat Sound with Deaf Clients” by Helene N. Guttman, PhD—published in the winter/spring 2003 HEMI-SYNC JOURNAL [See *Topics/Perceptual Studies/Hearing*—I asked an acquaintance with severe hearing loss if she might be interested in working with Hemi-Sync in an informal research project.

Anne Freeman, age seventy-five, a British national and a longtime resident of Cyprus, has had progressive nerve deafness for over thirty years. She has very little hearing at all, and for about the last two years she has used hearing aids in both ears. In practical terms, she can only hear with aids. She has been using a Swissmade Phonak® hearing system, Smartlink SX, with an FM/radio receiver and microphone linked to her hearing aids. With the Phonak, besides being able to use a telephone, she can now attend and enjoy lectures, concerts, courses, etc., in a properly wired “loop” facility.

In January, in a conference room wired for the “loop,” Anne attended a lecture sponsored by our organization, Psychognosia. TMI Professional Member and Board of Advisors member Ronald Russell, MA, talked about Dr. Elisabeth Kubler-Ross. Following this event, I contacted Anne to see if she might like to participate in the research project. In early April, after I provided her with information about Hemi-Sync—including the book *Focusing the Whole Brain*—she readily agreed to work with Hemi-Sync and to record her impressions. Anne’s long-standing interest in meditation and yoga has given her some useful background for this work.

Anne listened to Hemi-Sync as often as she could on a fairly regular basis and journaled her reactions. We spoke about observing changes at all levels, not limited to possible improvements in her ability to hear. We also discussed the possibility of expectations getting in the way. Our goal was for Anne just to try Hemi-Sync and see what happened.

In the spring of 2005, she attended three half-day Psychognosia courses, “Health & Wellness with Hemi-Sync,” that addressed relaxation, enhancing the immune system, and mind/body

exploration. Anne's experiences at these workshops were extremely positive. With her hearing aid equipment—which included a special microphone for me to wear while speaking—she was able to hear adequately the introductions, tapes, and debriefs. I arranged for her to lie near me during the exercises and her equipment was plugged into a booster for her use only, which provided quite sufficient volume.

For daily use at home, Anne listened to the following Hemi-Sync selections: *Surf*, *Wisdom in Essence*, and *Hemi-Sync Meditation*, as well as the *HUMAN PLUS*® exercises *Sensory: Hearing*, *Circulation*, and *Brain: Support & Maintenance*. The last three CDs were kindly donated by Monroe Products® for this project. Every few months, Anne reported in writing on how she was responding to Hemi-Sync.

Here are some of her comments:

“I really had no idea how this was going to work. But I know that I am getting benefit from the discs. I listen when I get up to *Surf*. It is a good start for the day. As I become more accustomed to it I find myself enjoying it and have a peaceful meditation. With my cat. In the late afternoon I listen to *Hemi-Sync Meditation*. This is quite an experience for me. Quite powerful ... I have written a journal of what has taken place. I do it straightaway, so that my memory is fresh. Sometimes, afterwards, I feel way out and disconnected. Like in a dream, uplifted ... I also listen to *Wisdom in Essence*. This is very different. Peaceful and strengthening. I think that I am going to feel better mentally. More positive, and less aware about being deaf. I think there will come a change of attitude about this.”

“... The workshop was a really interesting experience. I felt very good about it, and decided to do the following two workshops. Since then I have worked daily with Hemi-Sync CDs *Brain: Support & Maintenance*, *Circulation*, and *Sensory: Hearing*. The tapes came as a gift. Very grateful. For me the *Brain: S & M* was a favourite, followed by *Circulation*. They are a positive help and have become the most important. *Sensory: Hearing* is part of the routine, but does not seem to have the same effect. The *HUMAN PLUS* is becoming easier to use.”

“Four months on, I know with certainty that I have benefited from doing this work. There is a personal gain here emotionally and mentally. I think this is just the start. Not only is it giving back the ability to cope and accept more easily the frustration and problems that come from deafness, but a sense of being able to go forward and learn. This is exciting to me. The CDs that I use for meditating give beautiful moments. The journey of discovery has begun to be alive. I love all that is taking place within me and my life.”

Anne and I plan to continue to work together. She hopes to attend my next *EXCURSION* workshop and, all being well, the *GOING HOME*® course with Ronald and Jill Russell that is scheduled for the end of January 2006. For me, it's been a pleasure to work with such an articulate, open-minded, and willing person. Observing her positive reactions has

demonstrated, yet again, the powerful transformative changes that so often occur in the lives of Hemi-Sync listeners. Anne joins me in the hope that this report may be of benefit to other researchers and to listeners of Hemi-Sync.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.
© 2006 by The Monroe Institute